Military OneSource

- Access to confidential resource and referral support for service members and their families with the goal of improving the quality of their lives and the effectiveness of the military community

General Eligibility

- Active, Guard, and Reserve service members
- Immediate family members

Private & Confidential

Privacy protected

- Personal information is not:
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others
- Illegal activity

Range of Support

Maintaining the Homefront

Remember everyone who is impacted and identify potential needs and resources

- Spouse
- Children
- Extended family
- Friends
- Significant others

Spouses & Significant Others

Topics

- Keeping the relationship strong
- Managing changes in roles & responsibilities
- Handling stress

Resources

- *Staying Strong as a Couple* (CD)
- *Handling Stress with Humor* (CD)
- *Managing the Emotional Cycle of Deployment* (Article)
- *Staying Healthy* (Podcast)
- *Feeling Safe* and *Warding Off the Black Dog* (Audio Tips)

Parenting & Child Care

Topics

- Creating a backup child care plan
- Keeping the deployed parent connected
- Handling discipline and problems at home & school

Resources

- *Positive Discipline* (CD)
- *Helping Children Cope During Deployment* (Article)
- *Single Parenting While Your Spouse is Deployed* (Article)
- Parenting newsletter
- Tutor.com™
- Sittercity ®

Extended Family and Friends

Topics

- Staying in touch with your service member
- Managing your service member's personal affairs
- Finances
- Child care

Resources

- *When Your Son or Daughter is Deployed* (Article)
- *When You're the Designated Caregiver for a Deployed Service Member* (Article)
- *Adjusting to Raising a Grandchild or Other Young Relative* (Article)
- *Filing Taxes when a Service Member is Deployed* (Article)

Counseling Options

Face-to-Face Counseling	Telephone Consultations	Online Consultations
Face-to-face sessions with a local professional counselor	Telephone consultations with a professional counselor, expands capabilities	Online consultations with a professional counselor, held in a secure chat environment

referrals for

- readjusting to home and life after deployment or mobilization
- stress management
- marital and couples counseling
- counseling for parent-child (or guardian-child) issues
- grief counseling
- divorce or struggling relationships
- coping with job or career stress

Financial

Topics

- Creating & staying within a budget
- Saving & investing
- Tax preparation

Resources

- *Staying Financially Fit During Deployment When You're the Spouse at Home* (Article)
- *Taking Charge of Your Money* (CD)
- *Personal Finance for Everyone* (CD)
- *Keeping Track of Everyday Spending* (Audio Tip)
- Financial counseling
- Financial calculators: *How much could I save over time*?

Healthy Habits Coaching

Improve Your Health-FOR LIFE!

A personalized, flexible, and supportive approach to help you reach your weight and health goals

A step-by-step program to teach you how to: fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax

A personalized, flexible, and supportive program to help you become aware of stress and how it affects you

A program targeted for teens that offers phone and online coaching for setting and achieving healthy goals

Online Library Resources

Audio books, e-books, exam prep, resume builder and more!

MORNINGSTAR

eBooks on EBSCOhost

Health Library
Evidence-Based Information

Peterson's DoD MWR Libraries
SITION YOURSELF
ACHIEVE MORE

Audiobooks on EBSCOhost

GALE Kids InfoBits

DoD MWR LIBRARIES
Linking Ideas, People & Communities

Safari Books Online

GALE Academic OneFile

TumbleReadables
Your Online Read-Along Collection

Teacher Reference Center

GALE Gale Virtual Reference Library

Click here for TumbleBooks™

HERITAGE QUEST

GALE Military & Intelligence Collection

Did you know MOS has?

Relocation tools

- The Relocation Tool
- Military Installations
- Plan My Move

Community Profile Reports

Locators: summer camp & child care

Document translation services

Special needs resources

Elder care information

Access

Toll-Free telephone
1-800-342-9647

www.MilitaryOneSource.com

E-mail your questions to a consultant

Interaction with trained outreach professionals

You should expect:

- 24/7/365 worldwide access
- Master's-level consultants to answer your questions
- Objective, experienced, caring people
- Up-to-date and useful information
- No cost
- A commitment to quality

Questions

www.MilitaryOneSource.com 1-800-342-9647